

LIFE Willie rolls out new brand



Halifax

Your essential daily news | TUESDAY, APRIL 21, 2015

High 5°C/Low 5°C Rainy



Whipping up better Futures

Muffy Price, left, and Kathleen Greenough fill up some bowls of soup at Futures Café in Lower Sackville on Monday. The new café only hires people with intellectual challenges. Coverage in News. JEFF HARPER/METRO

Bike lane en route

HOLLIS STREET

Officials expect project to be completed by end of summer



Stephanie **Taylor** Metro | Halifax

After years of delay and public consultation, Haligonians can expect to have a new bike lane installed on Hollis Street by the end of the summer.

On Monday, city officials announced they are in the process of formalizing the final details on the project, which was first approved in 2011.

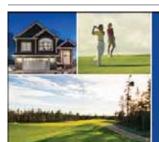
The new bike lane will run the length of Hollis Street, from

south of the Cogswell Interchange to Terminal Road.

A spokesperson with the Halifax Cycling Coalition, a non-profit group that advocates for better cycling infrastructure, said they are thrilled with news, and believes it's a step in the right direction towards building a connected network of protected bike lanes.

"We always knew the city would come through, we never had any doubt about that," Eric Jonsson said Monday. "It's Halifax. Sometimes things take a bit longer than we want."

The city says it's incorporated feedback from previous public consultation sessions into the new proposal, such as creating a two-foot wide painted buffer between the bike and vehicle lane, as well as prohibiting stopping in the lane during peak rush hours.



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BrunelloEstates.com

On February 24th, 2015, IATSE Local 849 received the following message from the Rt. Hon. Premier Stephen McNeil, Leader of the NS LIBERAL Party. It was to be included in a bulletin to congratulate the organization on its 25th Anniversary.



Premier's Message

On behalf of the province of Nova Scotia, I am pleased to welcome you to Halifax for the General Executive Board Meeting of the International Alliance of Theatrical Stage Employees.

Our local creative economy has established a rich and vibrant industry that allows IATSE Local 849 to contribute to the development of our province, and to showcase the extraordinary talent of its members on an international stage.

To those visiting the province, I encourage you to experience as much of Nova Scotia as you can. Known for our friendly people, our unsurpassed scenic beauty, delicious food and historic attractions, there is much to discover.

To the members of IATSE Local 849, thank you for your hard work and dedication to the local economy. This is a tremendous milestone for your industry, you should be proud of all of your accomplishments over the last 25 years.

Sincerely,

Honourable Stephen McNeil, M.L.A.

Premier



At the same moment he was drafting this message, LIBERAL Premier Stephen McNeil was also drafting the 2015 budget. A budget designed to cripple our "rich and vibrant" industry and cost our members their jobs. WE WORK HARD. WE ARE DEDICATED TO THIS PROVINCE AND ITS ECONOMY. WE WILL FIGHT TO GET THIS FIXED.

Warmest Regards,



METANEWS



Your essential daily news

A sweater was donated to the Edmonton Zoo's elephant, but she never got it.

WEATHED

Flooding threat minimal: Officials

Halifax weather has taken a co-operative turn after a punishing winter, bestowing just the right conditions to avert major flooding as mountains of snow trickle into oblivion.

A city spokeswoman said Monday that officials are keeping a close eye on known trouble spots, such as the Bedford Highway and Hammonds Plains Road, but the mild temperatures and gentle rains of the last two weeks have helped the snowbanks left behind by record-breaking snowfall dwindle away gently.

"A lot of places, the catch basins have opened up and where you can't actually see them ... there is still that space underneath for the water to travel," said Jennifer Stairs.

With rain in the forecast this week, Stairs said residents should keep an eye out for trouble and call 311 if flooding occurs on the roads or in any public spaces.

The president of the Sackville Rivers Association agreed that the flood threat so far looks minimal — but Walter Regan said that could change if the forecast, currently calling for up to 25 millimetres of rain on Tuesday, doesn't hold.

"The river is full, so (if) we have a major rain event of three or four inches, there will be flooding," he said.

Even if bad flooding is averted this year, Regan said both the city and province need to start investing in mitigation measures to prepare for the inevitable effects of climate change.

"We have to plan for not the 100-year storm but the 150-year storm ... but we're not doing that," he said. "We're setting ourselves up to fail."
RUTH DAVENPORT/METRO



Halifax Water crews work on clearing the Bedford Highway after flooding closed the road near Mount Saint Vincent University during heavy rains in December. JEFF HARPER/METRO

Five jurors chosen for Saunders trial

COUR

Victim's mom to be called as Crown witness



Haley Ryan Metro|Halifax

After a full day of court proceedings, five out of the 14 people needed for the jury panel have been chosen for the Loretta Saunders murder trial.

The first day of the trial saw Blake Leggette and Victoria Henneberry, both facing first-degree murder in Saunders' death, sitting with their defence as the lawyers, two jury triers and the Crown selected four men and one woman to the jury.

Saunders, a 26-year-old Inuk woman from Labrador and a student at Saint Mary's University, was found dead in a wooded area off a New Brunswick highway after a two-week search last February.

Henneberry also faces a charge of being an accessory



Number of jurors still to be selected



A sheriff holds a door open for potential jurors as they head into Halifax Supreme Court on Monday for jury selection in the murder trial of Loretta Saunders. JEFF HARPER/METRO

after the fact.

The roughly 150 people in the candidate pool filled two courtrooms during the day, but numbers dwindled as Justice Josh Arnold accepted exemptions.

Halfway through the day, Crown prosecutor Christine Driscoll told reporters that having two accused in one trial means the defence lawyers can challenge more potential jurors, automatically dismissing them.

"It lengthens the process and makes you need a bigger pool to start with," Driscoll said.

Miriam Saunders, Loretta's mother, will be called as a Crown witness alongside several others, the court heard Monday.

Driscoll said there could be a witness exclusion order during the trial, but they have yet to reach that stage. The order would mean any witnesses wouldn't be allowed to hear the trial before or after they were called.

Considering the high-profile nature of Saunders' case, Driscoll said the situation "certainly



Loretta Saunders. FACEBOOK

attracted attention" but felt putting together a jury should not be difficult.

"We have no concerns that we can find a good jury that can sit and be unbiased," she said.

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Crime Stoppers seeks help in solving Cole Harbour robbery



Davenport Metro | Halifax

Crime Stoppers is asking the public for help finding the people responsible for a violent robbery in Cole Harbour.

According to a release, two younger men attacked a man walking on the path behind Circassion Drive around 1 a.m. on Feb. 7.

The release states the two men, both in their late teens or early 20s, "jumped" the man near the underpass beneath the Forest Hills Parkway.

One suspect held the man

Most crimes will be more

Stoppers' push to revive old cases.

significant, or of a more severe

they're unresolved at this point.

RCMP Staff Sgt. Mike Taylor, referencing Crime

nature ... time has passed and

from behind while the other punched him repeatedly in the face. They stole his wallet, which contained cash and personal identification, then ran away toward Circassion Drive.

RCMP Staff Sgt. Mike Taylor, Crime Stoppers co-ordinator, said the attack is the first "Crime of the Week," a new initiative to bring older, unsolved crimes back to the forefront.

"Most (crimes) will be more significant, or of a more severe nature," said Taylor. "Just to kind of jog people's memory, time has passed and they're unresolved at this point.'

The victim in the Feb. 7 attack didn't suffer any serious injuries, and only a limited description of the suspects is available.

HAVE A TIP?

Crime Stoppers can be

reached by calling 1-800-

TIP202 + your message to 'CRIMES' (274637) or you

If a tip leads to an arrest

222-TIPS (8477), texting

can contact the organ-

ization online at www.

and charges, the tipster

could qualify for a cash

to \$2,000.

reward ranging from \$50

crimestoppers.ns.ca.

Taylor said Crime Stoppers is looking for any input from members of the public.

"Anybody with information," he said. "Witnesses, anything, anyone with information or who may have seen some-



One of four members of the British navy, in Nova Scotia for a hockey tournament with loca military personnel, arrives at provincial court in Dartmouth on Monday.

ANDREW VAUGHAN/THE CANADIAN PRESS

Man hospitalized after threats to burn building and harm self

A man was taken to hospital under the Involuntary Psychiatric Treatment Act after a standoff with police in Sydney where he threatened to set a building on fire and asked police to kill him.

On Sunday at about 10:30 p.m., members of Cape Breton Regional Police Service central division arrived at 130 Lingan Rd. to find a 46-year-oldman barricaded in a two-storey apartment building.

They contained the building after learning the man, who was known to police, said he had spread gasoline inside and would set the building on fire. The man had a knife and was threatening to harm himself. He told police to kill him.

Negotiators began to speak with the man, who could be seen from a top floor window. After a long dialogue with the man, he co-operated with the authorities and came out

of the building shortly after 1 a.m. He was then taken to hospital.

Authorities checked the building after the incident and determined that no gasoline had been spilled.

CAPE BRETON POST

Bail granted to 4 British officers

Accused in sexual assault case to stay at **CFB Stadacona**

Four members of the British navy charged with sexual assault causing bodily harm were granted bail Monday on a number

of conditions including that they reside at a Halifax military base until their next court appearance.

A provincial court judge ordered Simon Radford, Joshua Finbow, Craig Stoner and Darren Small-

ey to be released from custody to CFB Stadacona, provide a \$3,000 cash surety, to not contact the alleged victim and to return to court May 27.

Michael O'Sullivan, the naval and air adviser to the British High Commission, quickly drove the men away in a white sport utility vehicle.

"The allegations are serious and we are ensuring that we assist the Canadian authorities with their investigation," O'Sullivan said outside court before picking up the men.

The men, who wore Royal Navy hockey team jerseys in court, did not comment as they hopped into O'Sullivan's vehicle.

They were in Nova Scotia participating in a hockey tournament with local Armed Forces personnel when they were arrested Thursday morning, the Crown said last Friday.

They are alleged to have participated in a "group sexual assault" on April 10 in a barracks at CFB Shearwater, another military base in Halifax, the Crown said.

'These charges ... are serious offences," Crown attorney Eric Taylor said Monday outside court, adding that they carry a potential sentence of up to 14 years in prison.

We are ensuring that we assist the Canadian authorities.

Michael O'Sullivan

The Crown agreed with the bail conditions after negotiations with the Canadian Forces, the Canadian Forces National Investigation Service and the Royal Navy, Taylor said. Another factor in

consenting to bail was the fact that none of the accused have criminal records, he added.

He said the men will be allowed to come and go from CFB

INVESTIGATION

'Disturbing' allegations

The commanding officer of the Canadian Forces National Investigation Service, which investigates serious matters relating to the Defence Department. said the allegations of sexual assault against the sailors is disturbing.

In a statement last week, Lt.-Col. Francis Bolduc said British authorities have co-operated with the investigation.

Taylor said the case is proceeding in a civilian court because the offences were allegedly committed against a female civilian and the men were off-duty at the time.

Stadacona as they wish provided they obey their bail conditions.



One of four accused members of the British Navy pulls his coat over his head to conceal his identity, as he arrives at provincial court in Dartmouth on Monday.

ANDREW VAUGHAN/THE CANADIAN PRESS



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Futures looks bright, tastes great

SPECIAL NEEDS

Employees celebrate shift from Ladle to café concept

Julia Manoukian For Metro | Halifax

Michele Brushette has had plenty of success in her life.

The Cole Harbour athlete has won several Special Olympics medals: two golds in international track-and-field and one silver in provincial figure skating.

But what keeps Brushette happy is coming in to work everyday.

Brushette, who has directional dyslexia, is able to keep working because her place of employment, Futures Café in Lower Sackville, hires only people with intellectual challenges.

"I like it here because I get to meet new people," she said Monday, as she grated a large block of cheese. "I make lots of friends here. I really like



Manager Muffy Price, left, and Kathleen Greenough get some baked goods ready to serve on Monday. JEFF HARPER/METRO

the staff and the job coaches are really nice."

The café had a grand opening Monday to celebrate its transition from what was the Ladle restaurant into the new Futures Café.

"We thought that, in keeping with current trends, it

would be a great idea to change it into a café," said manager Muffy Price.

Futures Café is one of four businesses operated by Building Futures Employment Society, a non-profit organization that trains and employs those with intellectual challenges

All of my education just accumulated into this.

Muffy Price, manager of Futures Café in Bedford, Sackville, Fall River and the surrounding communities.

As with many crucial social agencies, Price said the wait list for placement is long.

Monday's grand opening featured a fashion show, during which employees modelled their new red and black trimmed uniforms, and a shot at a door-prize giveaway.

Kathleen Greenough, who worked at the Ladle restaurant for seven years, said the transition from diner to café has been exciting.

"My favourite part is the treats. And the customers. Just talking to them, serving them.

"I love it," she added, handing a customer a steaming dark roast.

One day, Greenough said, she hopes to open her own kitchen.

Allison Neault, who worked at the Ladle for 10 years, said she's glad the café serves a mix of old favourites as well as new goodies. Her personal favourite: the lasagna.

Price said that after surviving an eating disorder herself, she just "wanted to help people out." She's a certified chef, nutritionist and personal coach

She's hoping to hire a sixth member for the Futures Café team in the coming months.

"This whole venture was also to create employment and just to do something fun. Just a new change," she said.

URBAN LIVING

Halifax average among cities for life satisfaction: Survey

A new survey ranking life satisfaction of residents in 33 Canadian cities places Halifax in the middle of the pack and behind other Atlantic Canadian cities in the standings.

A report from Statistics Canada ranks St. John's, N.L., Saint John, N.B., and Moncton, N.B., in the top 10 for life satisfaction, all with responses over eight on a scale of one to 10.

Halifax ranked just below the national average with a score slightly under eight. The top score went to Sague-

nay, Que., and the bottom to Vancouver. The report indicates that overall average life satisfac-



Megan Lindsay enjoys the warm weather along the Halifax waterfront earlier this month. JEFF HARPER/METRO

tion varies by just 0.44 points across all Census Metropolitan Areas (CMAs), from a low of about 7.8 to about 8.2.

Data came from respondents

to Statistics Canada's General Social Survey from 2009 to 2013 and to the Canadian Community Health Survey from 2009 to 2012. METRO



IN BRIEF

Family not at home when fire breaks out

Firefighters were called to a house fire in Yarmouth on Monday morning.

There was no one at home when firefighters arrived. Two dogs ran out of the home when firefighters opened a door.

The fire was at the rear of the home. Firefighters were able to extinguish the blaze quickly and keep damage isolated to that area.

YARMOUTH VANGUARD

Suspect arrested after stabbing victim calls police

Police have arrested a man suspected in a stabbing that happened on Saturday. Digby RCMP received

a call on Sunday from a man who said he had been stabbed overnight.

Police found a 48-yearold Annapolis County man had been stabbed a number of times.

The victim was released from hospital with non-life-threatening injuries prior to contacting RCMP.

A search warrant was executed at a Digby residence later Sunday. A 52-year-old man was arrested without incident, DIGBY COURIER



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FISHERIES

New bill to reel in lobster levy

A lobster marketing levy on sales still isn't in place in Nova Scotia, but the government would be allowed to collect such a fee under legislation it introduced on Monday.

Fisheries Minister Keith Colwell said a change to the Fisheries and Coastal Resources Act would enable the province to collect a financial contribution through regulations once the industry decides what form it will take.

But Colwell said there is still no consensus among lobster fishermen on the implementation of a levy. Any solution would ultimately be industrydriven, he added.

Lobster fishermen in New Brunswick and Prince Edward Island have agreed to the collection of a marketing levy, which was first proposed in 2013.

It would see fishermen and the onshore side of the industry, such as buyers and processors, each pay one cent on every pound of lobster caught to cover the cost of advertising campaigns and other promotional initiatives.

Colwell said it's important to get some sort of mechanism in place in Nova Scotia.

"At the present time we are selling every lobster we can possibly get at a very high price," he said. "Unfortunately, that could change at any time."

The levy proposal has been met with resistance on Nova Scotia's southwest shore. Winning over the area's fishery is key because it accounts for 40 per cent of the country's total catch.

Progressive Conservative Chris d'Entremont said the legislation's lack of specifics on such things as the size of a potential fee is a problem for fishermen with a reputation for being fiercely independent.

THE CANADIAN PRESS

IN BRIEF

Stolen sweaters sought

Cape Breton Crime Stoppers is seeking assistance from the public following the theft of 19 Cape Breton Screaming Eagles sweaters from a kiosk at Centre 200 in Sydney.

The theft of the QM-JHL jerseys are believed to have occurred sometime between April 11 and April 15.

The sweaters are valued at \$3,800. CAPE BRETON POST

Pot lovers celebrate 4/20 with prohibition party

POLITICS

Club hopes pro-cannabis event will help legalization

Julia Manoukian For Metro | Halifax

At High Life Social Club in Halifax, they "celebrate cannabis every day," said owner Chris Henderson.

Pot enthusiasts helped take that celebration one step higher Monday at the club's inaugural prohibition party.

The pro-cannabis event featured glass blowing, a joint-rolling competition and all the cloud-making and treat-munching enthusiasts could wish.

"This is my lounge. This is what we do here," said Henderson. Even though possession of cannabis is still illegal in Canada, Halifax police said there is nothing illegal about charging customers to vaporize in the café.

Joints and blunts aren't al-

3

The Conservatives have to go. It's that simple. We can't have Harper in again.

Chris Backer, vice-chairman of Maritimers Unite for Medical Marijuana Society

lowed, and customers must bring their own pot.

"Today is a perfect day to do it and officially have a nice party about it," said Henderson. "Let everybody know that we need these laws to change."

For Chris Backer, vice-chairman of Maritimers Unite for Medical Marijuana Society

(MUMM), ending prohibition could change his life, and many others' lives.

"(Ending prohibition) means that people aren't going to get their doors kicked in by the police for a plant. It means that people who want to have access to it don't have to worry about a doctor that won't sign. "I'm a grown-up. It's a plant. Leave me alone. It's that simple, really," he adds.

Glass-blower Nick Riley echoes this sentiment. "The most harmful thing about weed is the fact it's prohibited."

Though many rallies across the country are held outside today, Henderson said he doesn't have any patio space to offer at the moment.

"This is our first 4/20 so we're trying to christen the lounge this way," he said.

The High Life Social Club extended its usual 10 p.m. closing time to 2 a.m. for the event.



Chris Henderson, owner of the High Life Social Club, exhales some freshly vaped marijuana Monday, during the club's 4/20 prohibition party. JEFF HARPER/METRO

HEALTH

Ban on flavoured tobacco 'unfair,' store owners say

The president of a national association of convenience stores says Nova Scotia's forthcoming ban on flavoured tobacco products will only encourage the illegal market.

Anne Kothawala of the National Convenience Store Distributor Association believes when flavoured tobacco, including menthol, products go off the shelves of convenience stores they will fall into the hands of illegal distributors who, she fears, will sell the products without proper regulations, such as checking IDs.

"We're the ones ensuring that this same tobacco doesn't get into the hands of youth," she said Monday.

Last week, Health Minister Leo Glavine announced the provincewide ban that would include flavoured rolling papers and tobacco products that are not smoked, such as chewing tobacco and snuff will begin May 31.

"Their timeline is absolutely unheard of," Kothawala said Monday, explaining that does not give retailers enough time to liquidate the products they already have, let alone cancel new orders from being shipped.

She said this will prove especially difficulty for smaller businesses who may not be able to clear out their products by the end of next month.

"We're talking cost upon cost for these products to now be removed out of the legal system only to find themselves in the illegal system," Kothawala said.

She believes phasing out the products over one to two years would have been more reasonable.

STEPHANIE TAYLOR/METRO



Health and Wellness Minister Leo Glavine speaks to the media in this file photo. JEFF HARPER/METRO

metr

NEWS Halifax Tuesday, April 21, 2015

Royal Bank

FILM TAX PROTEST KEEPS RUNNING A runner heads underneath a banner hung from the roof of the RBC on Quinpool Road on Monday. The banner was erected by a group protesting the latest Liberal provincial budget. JEFF HARPER/METRO

Eatfresh and 'have a laugh'

Subway takes jab at eatery's **'screaming** children' post

The sign at a Nova Scotia Subway location says it welcomes "screaming children" and their

The reference is to a Facebook message posted last week by a North Sydney restaurateur who no longer wanted "small screaming children" in his establishment.

The owner of nine Subway restaurant franchises in the Cape Breton Regional Municipality posted the message "We love screaming children" on signs outside two of his fastfood restaurants.

Kirk MacRae said it was a "light-hearted" attempt to show how quickly a Facebook post could make the rounds locally through social media and then be picked up by mainstream media across the country.

The drama started when Richard Moore, the owner of Lobster Pound & Moore in North Sydney, posted on his restaurant's Facebook page on April 12 that it would no longer allow "small screaming children" in his establishment.

Uproar from people who disagreed with the decision was followed by threats and plans



The sign at the Subway in Sydney River. CAPE BRETON POST

to boycott the restaurant.

Moore quickly deleted the post and apologized.

He asked for forgiveness, and while some took it in stride, others weren't willing to let him off the hook that easily.

From radio talk shows in Toronto to blog posts on Yahoo! Canada, a mention in the National Post and even a story in the Independent newspaper in London, Moore's comments hit a nerve: where is the appropriate place to dine when accompanied by children?

Moore's second post, in which he offered an apology and said he was willing to "take any belly that is hungry," has so far garnered nearly 1,100 likes, 190 shares and 600 comments on Facebook.

Moore hasn't spoken to the media since the furor over his initial post broke out.

MacRae said he wasn't setting out to embarrass Moore.

He said his signs were meant "just to have a laugh."

"We were just trying to be funny," he said.

MacRae said he has heard some good reviews on the sign and wasn't aware of any negative reaction from the self-promotion gimmick.

"In some restaurants, the ambiance experience they're trying to bring for their customers, probably screaming kids aren't great for that situation,' MacRae acknowledged.

"But at Subway we don't mind screaming kids and love having families come in.' CAPE BRETON POST



Kirk MacRae expects the signs will come down from the Subway locations within a few days.

Final clinic for meningococcal vaccination planned for Acadia

Vaccination clinics for strain B meningococcal meningitis have nearly concluded at Acadia University, says the health

Eighty-five per cent of students attending classes on campus received the first dose of vaccine and, to date, 69 per cent received their second

Vaccinations were offered this spring after two students



The uptake we saw ... means strong protection for this community.

Dr. Lynda Earle

became infected with meningococcal B meningitis in February, creating what Public Health considered an institutional outbreak. One student recovered, while another first-year student died of the infection.

Public Health officials say they are pleased with the vaccination uptake but are hoping to see further uptake next week at an additional vaccination clinic on Tuesday and through further opportunities.

"The level of concern, awareness and interest within the Acadia community was strong, and the uptake we saw at Acadia means strong protection for this community," said Dr. Lynda Earle, local medical officer of health.

"With a two-dose vaccination, as it is for strain B meningitis, we know it's unlikely to get everyone for the second dose. We are continuing our work with Acadia to create opportunities for students who haven't received the second dose yet." KING'S COUNTY REGISTER



With the two-dose vaccination, health officials say most protection comes from the first dose; the second dose ensures maximum and longer-term protection from the disease



B | Tuesday, April 21, 2015 Canada | **metr** NEWS

Blue shoes mark federal budget

POLITICS

Budget to be augmented with host of measures

The symbolism of Finance Minister Joe Oliver donning a pair of Tory-blue sneakers on Monday for the traditional new-budget-shoes photo op shouldn't be lost on anyone.

A federal election may be six months away, but Tuesday's promised delivery of the Harper government's first balanced spending blueprint in eight years means the Conservatives are already off and running.

The well-orchestrated march to the 2015 general election began more than a year ago, when the government presented a 2014 budget that, it turns out, could have reasonably showed a surplus — but held off the big reveal until Canadians were closer to the

ballot box.

The parliamentary budget office last week predicted 2014-15 will come in \$3.4 billion in the black — a possible jump start on those "New Balance" runners Oliver slipped on at a Toronto shoe store.

The long march continued last Halloween at a campaign-style event in Vaughan, Ont., where Prime Minister Stephen Harper rolled out a five-year, \$27-billion package of improvements to family benefits and targeted tax cuts — a sort of rolling campaign barrage timed to light up the fireworks in July when families receive their first retroactive benefit cheques.

The simple electoral arithmetic of tax breaks and benefit boosts was on display Monday in the House of Commons.

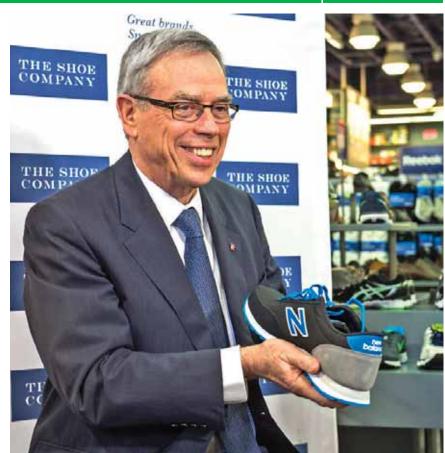
Between Tuesday's budget launch and those well-timed, mid-summer family cheques, there will be an orgy of government self-promotion, with \$7.5 million already earmarked for TRADITION

It is a Canadian custom for finance ministers to purchase or wear new shoes for Budget Day.

"economic action plan" advertising. Headlining it will be the return to surplus, backstopped by proposed balanced-budget legislation.

While the dramatic plunge in global oil prices — which spurred Oliver to delay his budget release — is viewed by some to have tripped up Conservative budget plans, it had one welcome side effect for a government heading to the electorate.

These large set pieces of the Conservative re-election campaign will be augmented Tuesday with a host of smaller measures aimed up shoring up perceived weaknesses and bolstering perceived strengths. THE CANADIAN PRESS



Federal Finance Minister Joe Oliver shows off his new budget shoes during a photo op in Toronto on Monday. FRANK GUNN/THE CANADIAN PRESS

Is it Q or q: CBC clarifies position

So, which name will it be?

Last week, CBC announced the new Shad-hosted version of its arts-and-culture radio program, titled Q, was getting a little makeover.

The show would keep its name but would be branded with a lower-case q.

But the public broadcaster clarified its position Monday as the new show launched.

The CBC now says the show's logo will use a small q, but for "clarity and readability," the

program will otherwise be referred to with an upper-case Q in written communication.

The rebrand was viewed as another step by the CBC to distance itself from disgraced former Q host Jian Ghomeshi.

Ghomeshi was fired in October amid sexual-assault charges. He faces seven counts of sexual assault and one of overcoming resistance by choking, but his lawyer has said he will plead not guilty to all charges.

THE CANADIAN PRESS

Mohamed Fahmy to get new passport

In an abrupt reversal of its position, the federal government announced Monday that it was prepared to issue a passport to a Canadian journalist on trial in Egypt on widely denounced terror charges.

Al Jazeera English journalist Mohamed Fahmy spent more than a year in a Cairo prison and has been working to get a passport ever since his release on bail in February.

His original passport was seized upon his arrest in De-

cember 2013. The Canadian government had been refusing to give him a new one, citing his bail conditions.

But on Monday, Citizenship and Immigration Minister Chris Alexander said that the situation had changed. However, it remains unclear why the Canadian government changed its mind.

Fahmy is undergoing his second trial and is set to be back in court Wednesday for what he expects will be a "milestone" session. THE CANADIAN PRESS



IN BRIEF

Terror fight hampering work on other files: RCMP

Shifting hundreds of RCMP officers to counter-terrorism duty has hurt the national police force's efforts to fight organized crime and espionage, a senior Mountie says.

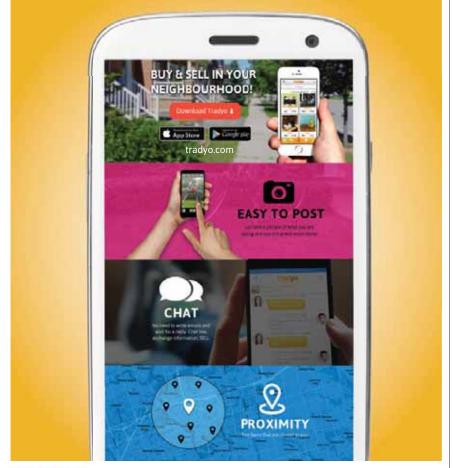
The resource challenge is "negatively impacting" the force's ability to do everything it's expected to do, says Mike Cabana, deputy RCMP commissioner for federal policing.

Concerns about the threat of homegrown extremism have prompted the RCMP to move more than 600 officers to the terrorism file from organized-crime cases and other areas.

That has prompted criticism from the NDP and Liberal public-safety critics that the Mounties are being stretched too thin.

The Canadian Press reported Friday that the Conservative government plans to earmark resources in the federal budget Tuesday to help security agencies carry out enhanced responsibilities under new anti-terrorism legislation.

Civil libertarians and privacy advocates have denounced the legislation as a threat to law-abiding citizens. THE CANADIAN PRESS









metr® NEWS | Canada Tuesday, April 21, 2015 | 9

It's all or nothing, for egg shoppers on a budget

CHALLENGE DAY 1

Reporter tries, fails to buy two eggs instead of whole carton



Gilbert Ngabo Metro | Toronto

I couldn't buy a couple of eggs. I grew up in Rwanda, and I still remember young men and women walking through downtown streets — and other parts of the country — with baskets, selling all sorts of food items. An egg would go for less than 20 cents. It would be about the same price as buying the egg in a restaurant or at a food store. Whether your budget allowed for one, two, three or the entire pack, you'd have a choice.

After embracing the challenge to live on \$1.75 a day, I realized in downtown Toronto, things were different. I'd set out on a shopping spree with my tiny budget and had hoped to get at least two eggs for less than a dollar, something I thought should be easy enough.

But no store would allow me to buy just two eggs; not a single store among a handful that I visited. A couple of stores had two or three boiled eggs already packaged, but the price was way outside what I could afford on my budget.

As I was pounding the streets looking for eggs, I kept thinking about the poor person, with just a few spare cents, looking for an egg or two but constantly being told to buy the whole carton.

Yes, a dozen eggs sell for about \$4, and that's about 33 cents for each. But if you're among Toronto's poor, unless you have access to a farmers' market, your choices on a tight budget are limited. And it's not as if the city is free of poor people. We just learned, in fact, that 264,000 adults here are living on poverty-



No store would sell two eggs to Gilbert Ngabo. LIZ BEDDALL/METRO

LIVING BELOW THE LINE

The reporter: Gilbert Ngabo works for Metro in Toronto. He moved to Canada from Rwanda five years ago.

The mission: To live on just \$1.75 a day for five days — a challenge made to all Canadians by the Global Poverty Project, which says that's the daily budget of those who live below the poverty line.

The series: Day 1 of 5, Gilbert tries and fails to buy a couple of eggs. Not six, not a dozen. Two.

Follow Gilbert Ngabo on Twitter @dugilbo or at metronews.ca.

level wages, according to the latest Metcalf Foundation report.

It may not be surprising to see someone in the store buying just a bottle of cooking oil, one jar of juice or a single bun from the bakery section. I've never really thought that it might be all they can afford. I'm more likely to assume they're just picking up one single item missing from the fridge.

Now that I've been that person buying three tomatoes, a handful of mushrooms, a can of beans and asking for only two eggs, I have a different perspective.

I knew I was doing this as an exercise. When I try to imagine a person living in real poverty and totally bound by a tight budget, it makes me sad. That person havery little choice in how they live and has even less choice in the food they eat.

Often, we see numbers about poverty, malnutrition and access to food. Behind those numbers are real people. This challenge makes you think more about them



A couple of stores had two or three boiled eggs already packaged, but the price was way outside what I could afford on my budget.



Gilbert Ngabo tried his luck at finding two eggs at Loblaws at Queen's Quay and Lower Jarvis in Toronto Monday. LIZ BEDDALL/METRO



Struck out again at a Shoppers Drug Mart. LIZ BEDDALL/METRO

GROCERIES

Egg search, store by store

I set off Monday to try to find two eggs. The results were

- An employee at a Shoppers Drug Mart looked at me incredulously before saying there was no way I could be given just two separate eggs.
- A Metro store had a sixpack of eggs for \$2.99, but my budget would only allow for two eggs under a loonie, combined. A staff member told me she had never seen anyone trying to buy just a few eggs. They did have a packet with two boiled eggs, but it would have cost \$1.12.
- It was the same story at Loblaws, where a pair of boiled eggs goes for a little less than a toopie

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A man rescues a migrant from the Aegean Sea, in the eastern island of Rhodes, Monday. Greek authorities said that at least three people have died, including a child, after a wooden boat carrying migrants ran aground off the island. ARGIRIS MANTIKOS/EUROKINISSI VIA THE ASSOCIATED PRESS

Migrant crisis perplexes EU

HUMAN TRAFFICKING

Leaders to meet Thursday in Brussels

Shaken by the feared drowning of hundreds of people in the latest Mediterranean tragedy, European leaders struggled Monday for an adequate response in the face of unremitting migrant flows and continued instability in Libya that has given free rein to human traffickers.

Even as the search continued for victims of the weekend disaster that left as many as 950 people feared dead, coast guard ships rushed to respond to new distress calls on the high seas—two off Libya and a third boat that ran aground near Greece.

Decrying what he called an "escalation in these death voyages," Italian Premier Matteo Renzi urged Europe to put the focus on preventing more boats from leaving Libya, the source of 90 per cent of migrant traffic to Italy.

"We are facing an organized criminal activity that is making lots of money, but above all ruining many lives," Renzi said at a joint news conference with Malta's prime minister, Joseph Muscat. He compared their activity to that of slave traders of centuries past, "unscrupulous men who traded human lives."

The European Union foreign affairs chief, Federica Mogherini, said this weekend's appalling human toll — which, if verified, would be the deadliest migrant tragedy ever — had "finally" fully awakened the European Union to the evils of human trafficking.

The EU has been under increasing criticism for lagging in its response to the crisis, with

two shipwrecks believed to have taken the lives of as many as 1,300 migrants in the past week. Some 400 people are believed to have drowned in another capsizing on April 13.

Stopping the traffickers will be a key item on the agenda when EU leaders meet in an emergency summit Thursday in Brussels, along with a proposal to double spending on sea patrols off Europe's southern border. The 10-point plan includes a proposal to take "civil-military" action modeled on previous operations in the Horn of Africa to combat Somali piracy.

1,300

The EU has been under increasing criticism for lagging in its response to the crisis, with two shipwrecks believed to have taken the lives of as many as 1,300 migrants in the past week.

Meanwhile, new details emerged about the weekend disaster, with Italian prosecutors saying hundreds of migrants were locked below deck unable to escape when the rickety boat capsized off the coast of Libya.

At a news conference in Catania, Sicily, prosecutor Giovanni Salvi said "a few hundred were forced into the hold and they were locked in and prevented from coming out." He said hundreds more were locked on a second level of the boat, which also had hundreds of migrants squeezed into its upper deck.

Salvi said the migrants rushed to one side of the boat as they saw a Portuguese-flagged container vessel approach, with the promise of rescue contributing to the disaster.

"Merchant ships don't have adequate training for rescues in the seas," Salvi warned. "The fact is, sea rescues are difficult and require professionalism."

As with most such high seas sinkings, a precise death toll will likely never be known. Only 24 bodies have been recovered so far and only 27 survivors were rescued. One survivor, identified as a 32-year-old Bangladeshi, has put the number of people on board at as many as 950, though Salvi said the survivor had no means to verify numbers. He said the coast guard estimated more than 700 people were on board, based on its observations at the scene.

Muscat, the Maltese prime minister, called the latest tragedy "a game-changer," and said that "if Europe doesn't work together, history will judge it very badly."

Renzi said that recent events had proven that providing rescue wasn't always possible, given the conditions of the smugglers' boats and the delicacy of such operations, and that the focus needs to be on preventing the boats from leaving Libya. "Continuing to think that allowing them to depart and then chasing after them means putting at risk human lives," he said.

Even as European leaders grappled with how to respond to the crisis, more unseaworthy boats were setting off Monday on the perilous journey. Renzi said Italian ships were rushing to respond to distress calls from an inflatable life raft near the Libyan coast with 100 to 150 migrants on board and to another boat carrying about 300 people.

SOUTH AFRICA

Immigrants flee after deadly attacks

Worried about their safety, hundreds of African immigrants headed out of South Africa in buses on Monday following deadly attacks on foreign-owned shops.

South Africa's anti-immigrant attacks, in which seven people have been killed this month, have angered many across the continent. South African diplomats in at least two other African countries reported threats of reprisal attacks because of the violence at home.

The outbreak of violence in South Africa against immigrants has tarnished the reputation of a country that has one of the biggest economies on the continent and has been a destination for people seeking opportunity and an escape from turbulence elsewhere in Africa. South Africa was also dubbed the "rainbow nation" for its relatively peaceful transition to democracy after the end of white racist rule in 1994.

THE ASSOCIATED PRESS



IN BRIEF

Boy kills teacher in Barcelona

A 13-year-old Spanish boy armed with a crossbow and a machete killed a substitute teacher and wounded four other people at his school in Barcelona on Monday, police said. The unidentified boy was detained by police as a suspect in the attack that also saw two other teachers and two students injured. Authorities said the boy, who was undergoing a psychiatric examination, will not face criminal charges because he is under the age of 14. THE ASSOCIATED PRESS

Turkey sends condolences

Turkish Prime Minister Ahmet Davutoglu on Monday extended condolences to the descendants of Armenians killed 100 years ago by Ottoman Turks, saying Turkey shared their pain and also announced that a service would be held at the Armenian Patriarchate in Istanbul to commemorate the victims. Davutoglu, however, stopped short of the calling the killings a genocide and criticized efforts to press Turkey to recognize the slaughter as such. THE ASSOCIATED PRESS

YEMEN

Saudi-led airstrikes flatten houses

Saudi-led airstrikes hit weapons caches held by Iran-backed Shiite rebels, touching off massive explosions Monday in Yemen's capital that killed at least 19 people and buried scores of others under the rubble of flattened homes.

The U.S. Navy, meanwhile, has dispatched the aircraft carrier USS Theodore Roosevelt toward the waters off Yemen to join other American ships prepared to intercept any Iranian vessels carrying weapons to the rebels, U.S. officials said

After the coalition airstrikes, mushroom clouds rose over the mountainous outskirts of Sanaa, where the arms depots are located. The Fag Atan area has been targeted several times since March 26, the start of the air campaign against the rebels known as Houthis.

"It was like the doors of hell opened all of a sudden," said Mohammed Sarhan, whose home is less than two kilometres from the site. "I felt the house lift up and fall." THE ASSOCIATED PRESS

FBI head's Holocaust remarks offend Poles

James Comey suggested nation had role in slaughter

Barack Obama did it, and now the FBI director has done it. Each time it has caused huge offence to a U.S. ally: using language to suggest that Poles were accomplices in the Holocaust.

Poles were waiting to see if FBI director James Comey would issue an apology — something that hadn't happened by late Monday. Polish Foreign Minister Grzegorz Schetyna said he expected him to say sorry so the matter can be settled.

Comey said last week, "In their minds, the murderers and accomplices of Germany, and Poland, and Hungary, and so many, many other places didn't do something evil.

"They convinced themselves it was the right thing to do, the thing they had to do. That's what people do. And that should truly frighten us."

Comey's comments are particularly offensive to Poles not only because they had no role in running Auschwitz and other death camps where Jews were murdered during the Second World War, but because they were themselves victims of the Third Reich. In all, six million Polish citizens were killed during the war, about half of them Jewish and the other half Christians, with many Polish priests, members of the intelligentsia and political resistance killed in Auschwitz and elsewhere.

Poland also had a committed anti-Nazi resistance movement and Polish fighters fought alongside the Allies.

Comey originally delivered the remarks on Wednesday at the U.S. Holocaust Memorial Museum in arguing for the importance of Holocaust education. The speech was adapted for an article published in The Washington Post Thursday. THE ASSOCIATED PRESS



The entrance to the former Nazi death camp complex of Auschwitz in Oswiecim, Poland. FBI director James Comey has caused huge offence by suggesting that Poles were accomplices in the Holocaust. ALIK KEPLICZ/THE ASSOCIATED PRESS FILE

Agency mulls lifting humpback protection

The U.S. government on Monday proposed removing most of the world's humpback whale population from the endangered species list.

National Oceanic and Atmospheric Administration Fisheries wants to reclassify humpbacks into 14 distinct populations, and remove 10 of those from the list.

"As we learn more about the species — and realize the populations are largely independent of each other — managing them separately allows us to focus protection on the animals that need it the most," Eileen Sobeck, assistant NOAA administrator for

fisheries, said in a statement.

The federal agency said in a release announcing its proposal that protection and restoration efforts have led to an increase in humpbacks in many areas.

Under the plan, two of the populations would be listed as threatened — in Central America and the Western North Pacific. The agency said these whales at times enter U.S. waters.

The other two populations - in the Arabian Sea and off Cape Verde and northwest Africa — would remain listed as endangered.

THE ASSOCIATED PRESS



🗐 IN BRIEF

Jamaican university plants first legal marijuana crop

Jamaica's biggest university has held a ceremony to plant what it touts as the island's first legal marijuana seedling.

Monday's symbolic planting at the Mona campus of the University of the West Indies comes several days after drug law amendments took effect, partially decriminalizing small amounts of pot. Among other things, the amendments pave the way for a lawful medical marijuana and scientific research

Last year, the university signed an memorandum of understanding with the Colorado-based non-profit Strains of Hope to conduct pot research. THE ASSOCIATED PRESS

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Business | metr@NEWS 12 Tuesday, April 21, 2015

Cirque du Soleil founder keeps kids out of Big Top

ENTERTAINMENT

Guy Laliberté sells his circus to U.S., Chinese investors

The force behind Cirque du Soleil's nearly 31-year run as a world-renowned Canadian success story is selling the famed circus even though his sevenyear-old daughter has dreams of one day becoming a clown.

"I truly don't believe in second-generation entrepreneurship," Guy Laliberté told a news conference on Monday after announcing the sale to a U.S. private equity firm.

Laliberté, 55, has five children between the ages of seven and 18, but said that having them take over the Cirque was never really an option. "From the outset, I didn't want to put the pressure of running the circus on their shoulders."

The creator of the Cirque, which wowed the world with breathtaking and cutting-edge shows, will maintain a 10 per cent stake in the Montrealbased company through his family trust and will also continue to provide strategic and creative input.

Equity firm TPG is acquiring a 60 per cent stake for an undisclosed price. Chinese investment firm Fosun will have a 20 per cent stake and Quebec pension fund manager the Caisse



Cirque du Soleil founder Guy Laliberté speaks to the media at a news conference Monday in Montreal. Cirque du Soleil has signed a deal to sell a majority stake in the famed circus group to U.S. private equity firm TPG for an undisclosed price. RYAN REMIORZ/THE CANADIAN PRESS

de dépôt another 10 per cent. The transaction — which Laliberté said wasn't a "fire sale" at a reported value of around \$1.5 billion — will also see partner Dubai World sell its 10 per cent stake.

Laliberté dismissed any suggestions the Cirque is in financial difficulty, saying it is a profitable venture that sells

11 million tickets a year. He said the sale will be good for the Cirque as it aligns with partners that can nearly double its growth by piercing the complex Chinese market and expanding third-party licensing deals and digital media.

Although the new owners have made a commitment to Investment Canada to preserve

the Cirque's Montreal headquarters, there's no written guarantee. But incoming chairman Mitch Garber said TPG understands the company's core value is its Quebec-based creativity.

Laliberté rejected a recent newspaper cartoon that showed U.S. flags flying over the Cirque's big top. He likened

PARTNERS

surprised to have lasted so long, having originally foreseen a 10-year run. He began to think about finding a strategic partner in 2006, and thought he found the right match two years later in Dubai World, a large real estate developer that quickly ran into financial difficulties. The latest sale process originally identified 94 potential partners. After weeding out incompatible potential partners, the list was whittled down to 46. Eight finalists were chosen among 17 that responded with offers. THE CANADIAN PRESS

the Cirque to other respected Quebec-based companies like Alimentation Couche-Tard, Molson Coors, Bombardier and Garda that have large U.S. shareholders.

"Why are we so scared we will lose that identity?" he asked. He said Quebec companies can only pursue international growth by finding well-financed corporate partners. "There is a little more money on the other side of the border than there is here," he told reporters.

THE CANADIAN PRESS

Kraft is pledging to remove synthetic colouring from its Long hunt for right match Canadian Kraft Dinner Original Guy Laliberté said he was product by the end of 2016.

This year will mark the last that the original version of Kraft Mac & Cheese, as it is sold in the U.S., will contain artificial preservatives or synthetic colours.

KD set to

remove

colour

artificial

In January, Kraft said its macaroni and cheese would be coloured using paprika, annatto and turmeric.

There has been a huge shift away from processed foods in the U.S. and larger food producers are trying to follow their customers in that direction.

A Change.org petition that began in March 2013 asked Kraft to remove dyes from its macaroni and cheese. The petition garnered more than 365,000 signatures.

The company is already selling a product in the U.S., called Kraft Mac & Cheese Boxed Shapes, which has no artificial flavours, preservatives or synthetic colours.

Kraft said that its other macaroni and cheese varieties sold in the U.S., such as Shapes Cups, Original Cups, Premium Flavours and Easy Mac, will have no artificial flavours, preservatives or synthetic colours by next year.

The company said that it has worked for some time to make the changes to the product, but had to ensure that customers would not notice a change in taste.

"We weren't ready to change the product until we were confident that Kraft Macaroni & Cheese tastes like Kraft Macaroni & Cheese," the company said. THE ASSOCIATED PRESS



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Canadian pianist inspires Apple staff

When it comes to obsessively meticulous attention to detail, it seems Apple employees could learn something from Glenn

At the company's internal Apple University, professor Joshua Cohen delivers threehour seminars on the late, great Canadian pianist to classes of 15 students who typically occupy "senior leadership positions" at the tech giant.

"(Gould's) attention to detail is an important focus of the conversation about him. And it strongly resonates with people here," Cohen says.

Cohen focuses much of his attention on Gould's 1955 debut recording Bach: The Goldberg Variations, considered to be a preposterously demanding piece of music.

But the then-22-year-old Gould attacked it with characteristic doggedness and brazen self-assurance.

Cohen's presentation at Apple University touches on Gould's belief in music's "ethical importance," part of what fuelled his lofty ambition. He rerecorded certain arias for his debut over and over and over, in search of perfection.

The infamously eccentric Gould could be stubborn, a personality trait that seems to strike a chord with Apple decision-makers. "It's his willingness to be unreasonable — meaning, not to worry about the conventional ways of playing things, and to have a strength of conviction about there being a right way to do them," Cohen says. THE CANADIAN PRESS



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METRINE

Your essential daily news

Tuesday, April 21, 2015

the big number

811/0/

That's how many Canadians are urbanites as of 2011 — a near-complete reversal of the ratio 150 years earlier, in 1861, when city dwellers comprised less than 16 per cent of pre-Confederation Canada. Among G8 countries, we're the third-most-urbanized, behind the U.K. and U.S. Among 15- to 29-year-olds, the current divide is even more pronounced: Only 17 per cent live in rural areas. Statistics Canada

What's the true cost of walking, versus driving?

YOUR RIDE Erica Butler



Vancouverites are engaged in a debate right now that should have city dwellers across Canada paying attention: How, and how much, should we pay for urban transportation?

Metro Vancouver residents will soon vote on a potential 0.5-per-cent sales-tax increase for Translink, the regional commission that controls transit and major roads and bridges in Metro Vancouver's 21 municipalities.

Some of the \$250 million a year raised would go to fund major road work, including the replacement of a bridge. But the lion's share would be used to improve transit infrastructure.

At the crux of whether

folks in Metro Vancouver are willing to cough up an extra \$125 to \$258 per year is whether or not they consider massive investment in transit "worth it."

To help analyze the question, a group of Vancouver journalists has created a cost-of-commute calculator to show and compare the full costs of walking, biking, riding transit and driving in different parts of Vancouver.

With data provided by transportation engineer George Poulos, Discourse Media calculates that for every dollar that transit riders pay into the Vancouver system, society ends up paying \$1.50. But for every dollar that a driver pays, society is on the hook for a whopping \$9.20.

It's a shocking difference—the result of something called "full-cost accounting."

Full-cost accounting takes factors that often don't get

considered in financial analysis and gives them a comparative dollar value. Things like time spent waiting in traffic, health-system benefits, and the effects of pollution all get monetized so they can be easily included in a cost-benefit report.

We're facing major decisions on the kind of transportation we need to build now for the future.

There are other surprises in the data, besides the high cost to society of private driving. While walking and cycling actually save on public costs, they cost walkers and riders more than you might think. According to Discourse Media, a two-kilometre walk costs walkers

about \$3 in time (though it gains them \$1.10 in longer life expectancy.)

This week in Halifax, public consultation winds down on a major rewrite of our bus-route network. We recently tabled a report on establishing commuter rail to Bedford. And we are about to launch into public consultations on our road network.

We may not be facing a yes-or-no referendum like our west coast compatriots, but we are certainly facing major decisions on what kind of transportation system we are building.

tem we are building.
We could certainly benefit
from some full-cost accounting to help us make fully
informed decisions on our
transportation future.

Erica Butler lives in Halifax and uses transit, a car and a bicycle to get around the city. You can follow her on Twitter at @HabitatRadio.

ROSEMARY WESTWOOD

metroview

Fake guide dogs, and their lying, entitled, arrogant owners

Dear guide dog fraudsters. I know you think you've been getting away with buying a fake guide-dog coat and parading into cafés and hotels, even onto planes, with your pet pooch Princess. I know, those jackets are as cheap and easy to buy online as, well, anything else.

Disability advocates like Bill Thornton, CEO of BC & Alberta Guide Dogs, has had his phone ringing off the hook with complaints about fake guide dogs, he told me, like the restaurateur who wanted to know if it was normal for a guide dog to come into a restaurant, take a seat at a table, and eat a meal.

"This actually occurred," he told me, the disbelief still in his voice.

I know you think you've been getting away with it. But the guide-dog agencies are on to you. You're part of a rising problem of fake service dogs, they say, and now the B.C. government is doing something about it. A new law will soon require all guide-dog owners to carry a government-issued ID so that business owners can know for sure whether Princess is the real deal (something that already exists in Alberta).

But Thornton is most concerned about a potential backlash toward guide dogs and their owners, thanks to the likes of you and Princess.

Guide dogs are well-

trained and well-behaved.
Did you know that only about
50 per cent of the dogs
Thornton's group trains actually get certified? The rules
are tight to maintain public
trust in service animals.

But Princess, as you know, has terrible manners. She barks, and she bites. And you're not much better.

Anytime someone calls you out for being a disability fraud, you become irate. Thornton hears about fraudster outbursts like yours all the time, he said.

It's unseemly, you know, on so many levels.

First, you are lying. Second, you are playing on the sympathy of those too uncomfortable to question you about yappy, snappy Princess.

But third and worst of all, you are giving service dogs a bad name. If the public trust is broken, do you know who that hurts most? People who need dogs to see, hear, or detect an oncoming seizure.

B.C.'s Guide Dog and Service Dog act will make faking a guide dog an offence, with a fine up to \$3,000 if you're caught. And I hope you are.

This isn't about Princess. This is all about you: Entitled, arrogant, narcissistic you.

Impersonating someone with a disability for your own petty gains? You can't get much lower than that, guidedog fraudster.



John Cruickshank

VICE PRESIDENT & EDITOR

Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER METRO EASTERN CANADA **Greg Lutes**

MANAGING EDITOR TORONTO
Philip Croucher

ADVERTISER INQUIRIES adinfohalifax@metronews.ca

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Your essential daily news

HBO goes to pot, scores the web comedy series High Maintenance

Sleeping Giant rouses Cannes

FILM FESTIVAL

Canadian director's first film to screen at French fest



Jessica Smith Cross Metro | Toronto

Andrew Cividino was eating alone at a restaurant when he looked at his phone and screamed "Oh my God!"

He looked a little crazy at that moment, but he hadn't actually lost his mind. He's a Canadian director who'd just learned his first feature film was selected to screen at the Cannes Film Festival.

"I was actually at a McDonald's, which is a confession, and I was eating a hamburger surrounded by all of these other people," he said. "I think if you scream, 'Oh my God!' on a phone call, people know that you're talking to another human being. But if you're just looking at your screen, it's really hard for people to understand that."

He was elated to learn his film Sleeping Giant is one of seven feature films in competition at the International Critics' Week at Cannes, which is devoted to honouring new directors' first or second feature-length films.

That week has launched the careers of many famous directors, including some of



Nate (Nick Serino) at the wheel, Riley (Reece Moffett) in the passenger seat, and Adam (Jackson Martin) in the backseat, in a scene from Sleeping Giant. The Canadian film directed by Andrew Cividino has been selected to compete at Cannes. AARON YEGER

Cividino's favourites: Kevin Smith, Guillermo del Toro and Alejandro González Iñárritu.

Sleeping Giant is named for the Sibley Peninsula on Thunder Bay, where Cividino spent his summers growing up. His film is the story of a boy named Adam and his friends, pushing the boundaries of safety and their youthful authority over a summer there.

It's partly inspired by Cividino's own experiences jumping off the cliffs of the Sleeping Giant into Lake Superior. "It was really insane, we would really push our boundaries to levels I would now consider to be quite unsafe, but at the time, it just seemed like the obvious, the only thing to be doing," he said.

"There's this Lord of the

Flies stage of male adolescence that comes along with these destructive impulses and one way of testing your boundaries in the world is to destroy the world around you," he said.

"That's where we follow the boys."

CASTING

Film's lead a walk-in

Cividino found the actors in Thunder Bay by putting flyers up around town. Nick Serino, who plays Adam, walked into an audition without a script, appointment or acting credits.

"He just said, 'I saw on Kijiji you guys had posted something. I'm here for the movie," Cividino said. "Within 30 seconds we knew this kid is so special."

Serino's cousin in real life, Reece Moffett, is one of the co-stars.

Cividino wanted the boys to use their own voices in the film, so he'd "workshop" the scenes with them rather than strictly sticking to the script. "Some scenes are a lot more challenging because of that, but you end up with moments that you couldn't possibly have considered writing yourself, which just ring true and are hilarious."



Director Andrew Cividino.JESSICA SMITH CROSS/METRO

We need to talk.

RICK HOWE 9am-1pm SHELDON MacLEOD 2pm-6pm News.Talk.Sports.

metr

LIFE | Music Tuesday, April 21, 2015 **15**

How Sweden became a musical powerhouse

Moral panic of 1940s paved way for talent

SOUND CHECK Alan Cross

For a country of 35 million, Canada punches far above its weight when it comes to exporting its music to the rest of the world. But then there's Sweden. With fewer than 10 million people, the country is a musical monster.

There's the unending parade of cool indie artists: Lykke Li, Tove Lo, Peter, Bjorn & John, The Sounds, The Radio Dept., The Shout Out Louds, The Hives. And let's not even start on Sweden's role in metal. Or that Sweden is the birthplace of Spotify.

Sweden gave birth to ABBA, a group that has sold nearly 400 million albums, second only to

the Beatles. It's also the home of Max Martin, the producer/

songwriter who crafted megahits for the Backstreet Boys, 'N Sync, Britney Spears, Katy Perry, Plnk and Taylor Swift. He's produced more No. 1 hits than anyone except George Martin - and he had the Beatles.

So how did this sparsely populated northern European country become such a global powerhouse? The answer starts

with the 1940s, when cultural conservatives and church leaders banded together to protect the country's youth from the "dance-floor misery" of degenerate music coming from America. They set up a system of music schools – no tuition, free use of instruments — to show the young how morally uplifting

classical music could be. By the 1960s, the system di-

versified into other genres of music. While this diluted the original intent of streaming the young into the classical realm, it offered kids more and more opportunity to discover what

networking brought the people musical talents they had. in ABBA together. And when they Coupled with hit it big, there was a sense government across the country that if they subsidies for could do it, anyone could. Since then, there's been a rehearsal real can-do spirit amongst space (and sometime the musically inclined in Sweden. Now the counfor just retry exports more than \$150 million US in music sales

cial engineering experiment gone wrong, but things have worked out just fine.

to the rest of the

planet, the lar-

gest per-capita

in the world.

It was a so-

hearsing), a network of music-

ally inclined people took root

across the country. Ideas were ex-

changed quickly and efficiently.

Tightly knit musical commun-

This sort of support and social

ities were created.

Lykke Li, left, and Tove Lo GETTY IMAGES



John Moose hails from Karlstad, Sweden, CONTRIBUTED

Band's new album free to listen to — in nature

John Moose, a Swedish five-piece band, has released a mobile app that allows listeners to enjoy their debut album for free. The catch: The app knows where you are, and it'll let you listen only when you get yourself to a woodland setting.

Hailing from Karlstad, the band says its roots are "in the deep wild woods of Värmland," a province in which Karlstad is the largest city. John Moose is also the name of a character whose stories they tell through their songs, which "tell a tale of escapism, where he finds himself stuck in the ambivalence between the civilization and its counterpart.'

With that in mind, the musicians want those who experience their album to find themselves in a similar space.

The album — which can also be pre-ordered now, with shipping to next week — is available in its entirety via the app, which can be downloaded for iOS or Android via johnmoosemusic.com/ prerelease. Download it where you like, but to begin listening to the music, you'll need to be in a spot your phone recognizes as woods.

"Walk to the woods ..." the app instructs, followed by the message, "You are there. Now listen."

Tobias Norén, the band's drummer and digital director of Bacill production agency, says the wooded areas are detected through Google Static Maps API. AFP



Willie Nelson to roll out own brand of marijuana

Music legend Willie Nelson is jumping into the movement to commercialize marijuana and plans to roll out his own brand of cannabis that he intends to make "the best on the

The singer-songwriter announced in a statement Monday that Willie's Reserve will be grown and sold in Colorado and Washington, two states where recreational use of the drug is legal.

Nelson is a longtime supporter of marijuana for personal use and has spoken of its benefits for hemp production. He's also pushed for the end of laws criminalizing use of the drug.

Nelson joins other famous pot personalities, including rapper Snoop Dogg, who endorses vaporizing products; singer Melissa Etheridge, developing marijuanainfused wine; and reality TV star and self-help guru Bethenny Frankel, who is working on a strain of Skinnygirl weed that wouldn't leave users with the munchies. THE ASSOCIATED PRESS

Imbruglia single is her first in years

The Australian singer-songwriter Natalie Imbruglia, who made it big in the late 1990s, is releasing her first single in six years on Monday.

The new single Instant Crush is from her upcoming cover album entitled Male, scheduled for release in July 2015.

Why has the female songstress opted for such a name? Like Instant Crush, which was first sung by Daft Punk and Julian Casablancas, all of the titles were first recorded by male artists.

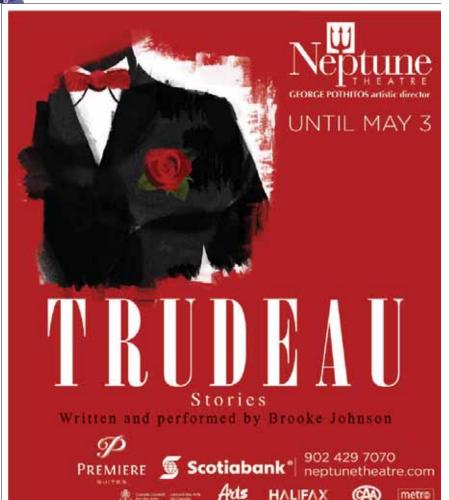
Imbruglia told Mashable that she didn't want to touch songs previously sung by other women.

"I found it was more interesting to hear my vocals on songs done by men because it's different right away," she said.

This is not the first time Imbruglia has pursued cover music. Her first international hit single, Torn was a cover of the '90s rock band Ednaswap. AFP



Natalie Imbruglia's cover album Male is coming in July. AFP



Health | **metr**#LIFE | **16** Tuesday, April 21, 2015

DISEASES

Pets may pose illness threat to children

Pets are a wellspring of love and joy for their owners. But they can also be a source of disease if someone in a household has health prob-

In a review article published in this week's Canadian Medical Association Journal, two veterinarians and a physician from the Children's Hospital of Eastern Ontario discuss a variety of diseases people can get from pets. They make clear that in most cases, the risks to pet owners are low.

In particular, they recommend families forgo puppies and kittens if someone in the household has a badly compromised immune system. Young animals, like young children, are more likely to catch and spread germs.

"It's like having that young child in the household," lead author Dr. Jason Stull, a veterinarian at Ohio State University, said.

"If there is an individual who is severely immunocompromised, that may not be the best choice." THE CANADIAN PRESS

microblogging platform to predict the volume of asthma-related emergency room visits one Dallas hospital can expect on a given day.

Researchers at the University of Arizona (UA) and the Parkland Center for Clinical Innovation in Dallas, Texas mined Twitter for information.

Their method involves monitoring air quality data using environmental sensors and scanning Twitter for posts with relevant key words such as "asthma," "inhaler" and "wheezing."

Text-mining techniques are then used to hone in on the tweets from the zip codes where most of the hospital's patients live, according to electronic medical records. By analyzing the data, the researchers developed an algorithm that predicted with 75 per cent accuracy whether the emergency room could expect a low, medium or high number of asthma-related visits on a given day.

These predictions allowed the hospital to be better prepared, namely by ensuring that



By scanning Twitter for words like 'wheezing' researchers can predict asthma-related

qualified staff and appropriate equipment were in place on

"You can get a lot of interesting insights from social media that you can't from electronic health records," said UA professor Sudha Ram, one of the leaders of the study.

"We think that prediction models like this can be very useful, if we can combine various types of data, to address chronic diseases."

Twitter helps predict ER visits for asthma Researchers are leveraging the Lighten up on the locker-room louts

Sloths who strew sweaty clothes aren't your problem

URBAN ETIQUETTE Ellen **Vanstone**

Dear Ellen,

One of my biggest pet peeves is walking into my gym's change room to find a pile of sweaty gym clothes left on the bench or on the ground. The gym has plenty of lockers, so I really don't understand why people would strip off to go shower and just leave their clothes don't even get my started on the underwear — out for the world to see, and smell. Mike in Halifax

Dear Mike,

The men you are dealing with are likely from the wellknown subspecies Men Who Have Always Been Picked Up After (MWHABPUA). These are the lazy, overly entitled brats whose moms, caretakers, life- or roommates are happy to follow around, picking up soggy towels, wiping sprayed toothpaste spittle off mirrors, rinsing shaved-off stubble down the drain, and applying Polysporin to cuts on their own run-off feet after stepping on razor-sharp shards of the MWHABPUA's clipped toenails.

At least, I hope you are dealing with a MWHABPUA, because the alternative is even more disgusting - Men So In Love With Their Own Filth They Think Everyone Else Loves It Too (MSILWTOFT-



Slobs tend to be immune to threats, sighs, passive-aggressive remarks or outright begging for humane treatment of their locker-room neighbours. ISTOCK

TEELIT). These men may also have been raised by people who picked up after them. Or maybe they were raised in a barn, by wolves. Either way, there's clearly no one picking up after them now, and believe me, they don't notice, much less care. These are the type of derelict jocks who leave their reeking gym duds all over the place while they shower, and then stuff everything into their lockers still damp and warm so it can breed more tiny bacterial monsters that will reek extra hard the next time they

Do they think doing laundry is for sissies? Do they think this

is how real men are supposed to smell? (It's not.) Did they get punched out one too many times and their deviated septums have killed all sense of smell?

Who knows? The important thing to realize with both MWHABPUA and MSILWTOFT-TEELIT is that it's your problem, not theirs. Slobs of this calibre are immune to threats, sighs, passive-aggressive remarks or outright begging for humane treatment of their locker-room neighbours.

My advice is: Learn to love the louts. Now that mom's not around, you may be the only one who ever does ...

Merlin **Domestic** Medium Hair

Merlin sees all... ready with an endearing head-butt the moment a visitor opens his kennel door making it clear he wants your attention. Living in a kennel is challenging for cats who like to run and play, but Merlin makes due with his positive nature and outgoing personality. Although we don't know much about his history, his readiness to be picked up and cuddled suggests he has been a valued member of a household.



Please drop by to say hello to this handsome fellow - you will not be disappointed!

For more information on **Merlin** and other adoptable furry friends. visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or info@pas.spcans.ca

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METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA

Tango steps help Parkinson's patients

The tango, that famous Argentine dance, could improve balance and functional mobility in those diagnosed with Parkinson's disease, according to a recent Canadian study. Researchers at the Montreal Neurological Institute of

McGill University and the Research Institute of the McGill University Health Centre found that tango lessons were linked with improved balance and functional mobility in Parkinson's

patients, as well as modest benefits in terms of decreasing fatigue and boosting cognitive function. Moreover, the tango participants in the study found the activity more enjoyable, and many of them saw improvements in their mood and social life. However, no difference was observed between the group that did tango and the group that didn't in terms of overall motor function. The results were published in the April 2015 issue of Complementary Therapies in Medicine.

NHL PLAYOFFS

Weise turns on beast mode

Just before the playoffs, Tonight Show host Jimmy Fallon highlighted NHL players in a feature called "Player most likely to..."

The first player up was longhaired Montreal Canadiens right-winger Dale Weise, and the audience was chuckling at his mugshot even before Fallon made a joke about him looking like the "love child" of actor James Van Der Beek and "Joey from Full House."

But no one laughs at Weise in the playoffs, where he seems to transform from a grinding winger to a specialist in scoring big goals

ing big goals.

The latest came Sunday night in Ottawa, when he tied the game with a goal from a scramble in front of the Senators net late in the third period and then scored the winner 8:47 into overtime on a blast from the left faceoff dot that went in off a post.

The victory put Montreal up 3-0 in the best-of-seven Eastern Conference quarter-final.

Weise has a modest 23 goals in 258 career NHL games, but he has five in 25 playoff matches. Three of his post-season goals were game-winners, including an overtime strike in the opening game of the first round last spring against Tampa Bay. He had two more goals as Montreal upset Boston in the second round.

"That one feels really good," he said after his winning goal to beat the Senators. "That kind of bumped the Tampa one down a bit; just the importance of that series." THE CANADIAN PRESS



Canadiens winger Dale Weise
ABELIMAGES/GETTY IMAGES

Mooseheads motivated to 'win the moment'

OMIH

Herd, Wildcats to do battle once more in Game 7 of series



Kristen Lipscombe Metro | Halifax

As they warm up before game time or cool down after the final buzzer lately, the Halifax Mooseheads have been wearing grey T-shirts adorned with the words, "win the moment."

Those have been their words to live by — and play by — since the QMJHL playoffs started in late March, with Tuesday night potentially culminating in a big moment on their 2014-15 journey.

The Mooseheads face off for Game 7 against the Moncton Wildcats at the home arena of their Maritime Division rivals. The puck drops at 7 p.m. inside the Moncton Coliseum.

"It just means for us to be in the right mindset during the game and not look too far ahead, and just play hard," alternate captain Austyn Hardie said Monday of what the Moose motto means to him and his teammates.

"It's just something that came together from the coaches. It's just something to really



Halifax Mooseheads winger Brandon Vuic puts the puck past Moncton Wildcats goaltender Alex Dubeau during Game 6 playoff action Sunday at the Scotiabank Centre. JEFF HARPER/METRO

go back to if times get tough."

It hasn't been an easy road this year for the Mooseheads, who kicked it off as a relatively inexperienced, young team and advanced to post-season arguably as underdogs.

The Mooseheads finished fourth in the Maritimes Div-

ision and 12th overall, compared to first in the division and second overall in the 18-team league for the Wildcats.

Yet they defeated the Shawinigan Cataractes 4-3 in the first round, and have now forced the Moncton Wildcats to the last possible game

of the quarter-finals, with Tuesday's winner advancing to semis of the sought-after President Cup.

"With the series on the line like that, it's an exciting time to play," captain Ryan Falkenham said.

The 19-year-old Halifax na-

3

We want to stay in the present time ... and make sure that we're taking care of business.

Mooseheads head coach Dominique Ducharme

tive explained the "win the moment" mentality is all about "making sure we're strong in the moment and we're focusing."

The philosophy is expanded from their regular-season philosophy, "win the day," with both thought processes motivating the Moose from inside the dressing room to out on the ice.

"It's something all the boys have bought into," said rookie defenceman Morgan Nauss, who turned 17 years old Mon-

day.

"We've just got to focus on every moment in time. We've just got to do little things."

The Mooseheads defeated the Wildcats 7-5 in Game 6 at home on Sunday to tie up the series after three straight losses.

"We're not favourites to win," Falkenham admitted, but "we want to win — we're gamers — and we want to go as far as we can."

NHL PLAYOFFS

Blues blanked by Dubnyk and Wild

Devan Dubnyk made 17 saves and Jason Pominville and Zach Parise scored second-period goals and the Minnesota Wild earned a 3-0 victory over the St. Louis Blues in Game 3 of their Western Conference series on Monday.

Mikael Granlund had two assists, Nino Niederreiter added an empty-netter and the Wild had the edge in every way, without being drawn into a single trip to the penalty box.

St. Louis' Jake Allen stopped

9

The Blues have lost nine straight road games in the playoffs

21 shots, with the over-capacity crowd taunting him with chants of his last name throughout the game.

Game 4 is in Minnesota on Wednesday. THE ASSOCIATED PRESS



Cocaine, ecstasy found on Stoll, police say

Los Angeles Kings centre Jarret Stoll is accused of having cocaine and ecstasy with him when he was arrested Friday on a felony drug charge, police said. Security guards conducting a routine search at a Las Vegas Strip resort swimming pool found what investigators believe to be 3.3 grams of cocaine and several capsules in the back pocket of Stoll's shorts. THE ASSOCIATED PRESS

NHL PLAYOFFS

King Henrik and Rangers stifle Pens

Henrik Lundqvist stopped 23 shots and the New York Rangers regained control of their first-round series against the Pittsburgh Penguins with a 2-1 win in Game 3 on Tuesday night.

Carl Hagelin and Chris Kreider scored for New York, which dominated for two periods then held on late to take a 2-1 series lead. Patric Hornqvist scored for the Penguins.

Game 4 is Wednesday in Pittsburgh. THE ASSOCIATED PRESS



The Rangers' Henrik Lundqvist sprawls to make a save on Monday. THE ASSOCIATED PRESS **18** Tuesday, April 21, 2015 metr#SPORTS

Lou goes from high flyer to 'coolest dude in the world'

SIXTH MAN OF THE YEAR

Williams has taken game to more cerebral **level in Toronto**

The excitement in the Air Canada Centre is palpable when Lou Williams gets the ball.

Fans eagerly anticipate his patented move, a couple dribbles to his left, a three-pointer let fly, the excitement building as it tracks toward the basket.

They know the Raptors guard — named the NBA's Sixth Man of the Year on Monday — as a deadly shooter, a long-distance marksman of extraordinary

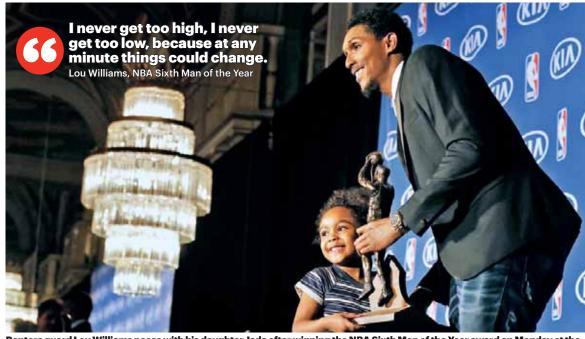
They will perhaps be surprised, then, to learn how his high school coach used him, the skills they exploited when the 28-year-old Williams was a South Ğwinnett, Ga., teenager.

'We started every game with a dunk play just to intimidate the other team," Roger Fleetwood, who coached Williams in high school, said Monday after a ceremony honouring the Toronto guard.

"Oak Hill (a prestigious U.S. prep school program); we're playing (NBA stars) Kevin Durant and Ty Lawson and we started with a dunk play against them for him."

That Williams has come this far, having re-made his game to a more grounded style after tearing his anterior cruciate ligament more than two years ago, made Tuesday's honour all the more special.

He may not be a high-flyer any more but he is a more complete player and now has the recognition to go with it.



Raptors guard Lou Williams poses with his daughter Jada after winning the NBA Sixth Man of the Year award on Monday at the Royal York Hotel. STEVE RUSSELL/TORSTAR NEWS SERVICE

"I knew that I wasn't going to have the foot speed I once had, I knew that I wasn't going to be able to jump as high, but it taught me to be smarter," Williams said of his rehab time after the injury suffered 39 games into his first season with his hometown Atlanta Hawks. "I worked on different parts of my game. This year is probably the most three-pointers I've taken in my career.

"To really be able to evolve and change my game, to win this award is very gratifying."

But not in the least surprising to those who know him

"I knew he would come back,

15.5

Lou Williams' reserve role with the Raptors this season allowed him to average a career-best 15.5 points per game while taking a load of offensive pressure off of Toronto's top players.

I knew what's inside him, I knew what drives him," said Fleetwood. "I knew he would do what he needed to do to get back to where he wanted to be."

In just a year with the Rap-

tors — president and general manager Masai Ujiri pried him away from Atlanta last summer for John Salmons in one of the great heists in franchise history - not only has Williams captured the hearts of the fans, he's become one of the most popular players among teammates as well.

Williams will be a free agent in July but has expressed interest in returning to Toronto.

"One thing he brought to the table for us was a quiet leadership that I didn't know he had," coach Dwane Casey said. "He knows when he wants to go hard, he knows how to go hard but also he knew how to talk to

his teammates, he knew how to motivate his teammates.'

How big was his impact with his teammates? Quite aside from what he brought to the floor, he was a locker room hit.

DeMar DeRozan called him "the coolest dude in the world" and Drake even mentioned Williams in one of his songs.

Williams appreciates the praise and is just thankful he was able to resurrect his career

"I'm quiet, I mind my business and I just come to work every day," he said. "For (DeRozan) to say that about me, I'm just grateful for it.' TORSTAR NEWS SERVICE



Ethiopia's Lelisa Desisa on **Monday in Boston**

TORSTAR NEWS SERVICE

BOSTON MARATHON

A second chance to celebrate

Lelisa Desisa won his first Boston Marathon in 2013.

He didn't have much time to

A few hours after Desisa broke the tape on Boylston Street on Patriots' Day, two bombs near the finish line turned what should be the pinnacle of any distance runner's career into an afterthought.

Desisa earned his second Boston Marathon title Monday, finishing in two hours, nine minutes, 17 seconds to claim a golden olive wreath, the \$150,000 first prize and a winner's medal to replace the one he donated to the city two years ago in memory of the victims.

And this one he plans to

This medal, I think, is for me," Desisa said.

Kenya's Caroline Rotich won the women's race, beating Mare Dibaba in a shoulder-toshoulder sprint down Boylston Street to win by four seconds. THE ASSOCIATED PRESS

Foreurs force Game 7

Shawn Ouellette-St-Amant had the eventual winner as the Vald'Or Foreurs fended off the Baie-Comeau Drakkar for a 4-2 win on Monday, forcing a decisive seventh game in their Quebec Major Junior Hockey League playoff series.

Simon Tremblay, Anthony Richard and Jan Mandat also scored as Val-d'Or built a 4-0 lead by the midway point of the second

Dzmitry Ambrozheichik and Jeremy Gregoire replied for Baie-Comeau, but the Foreurs held on to tie the best-of-seven series 3-3. Game 7 will be in Val-d'Or,

Que., on Tuesday night. Etienne Montpetit made 29

saves for the win, while Philippe Cadorette stopped 34 shots.

Both teams went 1 for 3 on the power play. THE CANADIAN PRESS



Butler helps Bulls bust Bucks

GAME2 In Chicago

Jimmy Butler set a playoff career-high for the second straight game with 31 points, and the Chicago Bulls beat the Milwaukee Bucks 91-82 on Monday night to take a 2-0 lead in their first-round series.

After scoring 25 points in Game 1, Butler trumped that with another terrific performance. He was at his best down the stretch, scoring 14 points in the fourth quarter.

Chicago's Derrick Rose scored all of his 15 points in the second half after dominating in the series opener.



Khris Middleton led the sixth-seeded Bucks with 22

The Bulls were trailing 74-71 early in the fourth when Butler started a 13-0 run with

He drove along the right side for a vicious two-handed dunk on Zaza Pachulia and hit the free throw to complete the three-point play. Butler finished the run with another three, giving Chicago an 84-74 lead with 6:01 remaining. Pachulia was ejected with

2:48 left in the game after he and Chicago's Nikola Mirotic shoved each other while going for a loose ball. Middleton then hit a jumper to pull Milwaukee within seven points with two minutes left, but Rose sealed the win when he scored with 55 seconds left to make it 91-82. THE ASSOCIATED PRESS

10. Make

11. Jeff _ (Weather/

sports anchor on

'Canada AM")

"Gone with the

Wind" (1939)

13. Mr. Welles

Intl. Airport

pride

25. Painter's

28. Knock at

the door

21. Flier to Narita

"Fancy that!" [pl.]

29. 'Capital' suffix

30. _ _ Before

Serving (Carton

31. ABBA song

33. Furthermore

34. Occurred

durance

36. Event of en-

instruction)

12. Family in

RECIPE Frittata with Sautéed **Mushrooms and Havarti**



Rose Reisman rosereisman.com

Ready in

Prep time: 10 Cook time: 14

Ingredients

- 1 tsp vegetable oil
- 1/3 cup finely chopped onion
- 1/2 tsp chopped garlic
- · 3/4 cup sliced mushrooms
- 1/4 cup diced red bell pepper • 1/2 cup egg substitute
- (or 2 large eggs) · 3 egg whites
- 1/3 cup low-fat milk
- 1 cup fresh baby spinach
- 1/2 cup shredded Havarti
- · 2 Tbsp chopped parsley

Directions

1. Lightly coat a small nonstick skillet with cooking spray. Add the oil and set over medium heat. Add the onion and garlic and sauté for 3 minutes. Add the mushrooms and red pepper and cook for 5 minutes just until mushrooms are dry. Set aside.

- 2. Wipe out the skillet and respray. Combine the egg substitute, egg whites and milk. Cook for 4 minutes over medium heat or until the egg begins to set. Add the onion and mushroom mixture, spinach and cheese. Cover and cook another 2 minutes, or until the cheese melts
- 3. Slip the frittata onto a serving platter with a spatula. Cut into wedges, garnish with parsley and serve immediately

Nutrition per serving

- · Calories 205
- Protein 19 g
- · Carbohydrates 8 g • Fiber 1.3 g
- Total fat 10.4 g
- Saturated fat 4.2 g · Cholesterol 17 mg
- · Sodium 320 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

1. The _ Diet ('Caveman' diet) 6. Beach burrower 10. Repeated train noise 14. Cut 15.Dream: French 16. German industrial region 17. Collect-andcollect... 18.Above 19.7th Greek letters 20. Product by since-1959 Canadian brand Rougemont: 2 wds. 22. Prefix to 'phobia' (Fear of heights) 23. Liquidy lawn: 2 wds. 24. Toronto's Phillips Square 26. Irritate 27.Nod 28. "Dracula Has _ from the Grave" (1968) 31.Closed 32. Plank parter 35. Greyish 36. Creature on a highway crossing sign 38. Homer Simpson's mom 39. Jeannie C. Ri-

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40. Crow cries

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the Ottawa Sen-

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title starter 62. Time for lunch 63. home is his castle

DOWN

1. "Absurd!" 2. "Not _ _ in hell!" 3. Jumped

4. Tea blend:

5. Select from a takeout menu: 2 wds. 6. "Canada AM" movie critic Richard 7. Quebec city

37. Nocturnal bird 38. The 'M' of CTV's "Canada AM" 40. Ill. city 41. Song of Australia: "Waltzing 43. Betters 44. Critically dwell: 2 wds. 45. 'O' of Canadian band OLP 46. Hawaiian greeting 47. Bestselling work 48. Good: Spanish 49. Actress Ms. Blair 50. Check the dress 8. "_ plaisir!" (Gladly, in Montreal) for fit: 2 wds. 51.Organiza-9. Dominican Retions, briefly 54. Vintner's public music/ dance style prefix

***IT'S ALL IN THE STARS** by Sally Brompton

Aries March 21 - April 20 You want to make a useful contribution to what's going on around you but the only way you can do that is to join with other people. You can be a loner if you wish but you will get more done if you are not so aloof

Taurus April 21 - May 21 It's time to finish those tasks that should have been completed a long time ago. The Sun in your sign means your energy levels will peak over the next few days. so get on top of your workload.

Gemini May 22 - June 21 Work will be the dominant theme later in the week, so make the most of your freedom to come and go as you please now. As a Gemini you like to get out and about and meet new people - so what are you waiting for?

Cancer June 22 - July 23 One of the most trying periods of the year has come to an end and you managed to survive! You may be in the mood to celebrate but don't go over the top. The planets warn you need to stay out of trouble today.

Leo July 24 - Aug. 23 Tell everyone what they want to hear today, even if you don't believe a word of it and even if you don't believe they believe it either. You are not in the mood for arguments.

Virgo Aug. 24 - Sept. 23 You must question everything you hear today, because the planets warn that some of the things you will be told are designed to mislead you rather than inform you.

Libra Sept. 24 - Oct. 23 Make your own value judgments today. What others say may be interesting but it is essential that you follow your instincts rather than follow the herd.

Scorpio Oct. 24 - Nov. 22 Quite likely you will say or do something silly today but it's no big deal. In fact it will most likely endear you to people who previously thought of you as a bit too perfect and self-controlled. Seems you're human after all!

Sagittarius Nov. 23 - Dec. 21 You will find yourself in just the right place at just the right time to do something worthwhile today. Make the most of it - it won't always be this easy.

Capricorn Dec. 22 - Jan. 20

The Sun in your fellow Earth sign of Taurus at this time of year makes all things possible, for you at least, so don't limit yourself to petty ambitions. Go for gold.

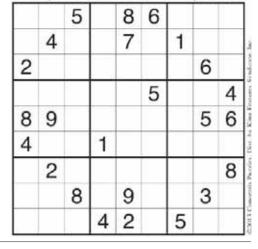
Aquarius Jan. 21 - Feb. 19 Friends may know you need assistance but they won't lift a finger to help you unless you ask them to. That may annoy you a bit but most likely it's your own fault. They've been told off before for interfering in your affairs

Pisces

Feb. 20 - March 20 You will be confronted with a very tough challenge today and you will deal with it with ease. That might surprise those people who have only ever seen the softer side of your nature but there is a core of steel running through the Pisces personality.

CONCEPTIS SUDOKU by Dave Green

Every row column and box contains 1-9





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